



Hello Hawaii Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1705 kcal

DESSERT

Ingredients

- 10 oz coconut milk canned
- 2 large eggs
- 1.3 cups half-and-half light (cream)
- 0.8 cup roasted salted chopped
- 0.8 cup sugar
- 0.8 cup coconut or dried unsweetened sliced
- 2 teaspoons vanilla

Equipment

- bowl
- frying pan
- whisk
- sieve
- spatula
- ice cream machine

Directions

- In a 2- to 3-quart pan, combine sugar, half-and-half, and coconut milk. Stir over high heat until bubbles form at pan edge (scalding, about 180), 5 to 8 minutes.
- In a small bowl, whisk eggs to blend. Then whisk about 1/2 cup of the hot cream mixture into eggs. Return egg mixture to pan and stir over medium-low heat with a flexible spatula-scraper, scraping pan bottom and sides thoroughly for even cooking, until custard thickly coats a metal spoon (about 190), 8 to 10 minutes.
- Add vanilla to custard.
- At once, nest pan in ice water and stir custard often until mixture is cold, 10 to 15 minutes.
- Pour cold custard through a fine strainer into a bowl, then pour mixture into an ice cream maker (1-qt. or larger capacity), or strain directly into the maker; discard residue. Freeze according to manufacturer's directions.
- As ice cream churns, stir coconut in a 10- to 12-inch frying pan over medium-high heat until toasted, about 4 minutes.
- Pour from pan and let cool.
- When ice cream is almost firm enough to scoop, add coconut and macadamia nuts. Continue freezing until mixture is firm enough to scoop, dasher is hard to turn, or machine stops.
- Serve softly frozen, or freeze airtight (see below).
- To get frozen desserts hard enough to scoop onto a cone, or to store them, transfer when frozen to an airtight container and put in the freezer at least 3 hours or up to 1 week.
- If freezing with ice and salt, leave the frozen dessert in ice and salt up to 3 hours.
- For best flavor and texture, serve frozen desserts within a week. On longer standing, icy crystals develop.

Nutrition Facts

PROTEIN 4.27% FAT 72.7% CARBS 23.03%

Properties

Glycemic Index:40.05, Glycemic Load:52.62, Inflammation Score:-8, Nutrition Score:29.676087006279%

Nutrients (% of daily need)

Calories: 1705.13kcal (85.26%), Fat: 143.55g (220.84%), Saturated Fat: 84.66g (529.11%), Carbohydrates: 102.32g (34.11%), Net Carbohydrates: 89.69g (32.61%), Sugar: 85.08g (94.53%), Cholesterol: 351.81mg (117.27%), Sodium: 158.47mg (6.89%), Alcohol: 1.38g (100%), Alcohol %: 0.35% (100%), Protein: 18.96g (37.92%), Manganese: 4.28mg (213.84%), Copper: 1.07mg (53.26%), Fiber: 12.64g (50.54%), Phosphorus: 492.24mg (49.22%), Vitamin B1: 0.71mg (47.52%), Selenium: 33.04µg (47.2%), Magnesium: 163.4mg (40.85%), Vitamin A: 1783.17IU (35.66%), Iron: 6.2mg (34.44%), Vitamin B2: 0.55mg (32.15%), Potassium: 952.11mg (27.2%), Zinc: 3.27mg (21.83%), Calcium: 205.94mg (20.59%), Vitamin B5: 2.05mg (20.5%), Vitamin B6: 0.41mg (20.42%), Vitamin E: 2.46mg (16.42%), Folate: 60.55µg (15.14%), Vitamin B3: 2.63mg (13.15%), Vitamin D: 1.9µg (12.64%), Vitamin B12: 0.74µg (12.4%), Vitamin C: 5.95mg (7.21%), Vitamin K: 4.42µg (4.21%)